

Mandatory meal plans coming to LU

BY KAYLA PERRY

The rumours circulating around campus are true: the 2014-2015 school year will bring the beginning of mandatory meal plans to Laurentian residences.

Meal plans will become mandatory for all students living in the LU residence complex, and will be added on to the residence costs – during the application process, students will select one of the four meal plan options.

“Obviously we tried to make the (financial) impact very minimal, but change does require some sort of funding,” Benjamin Demianiuk, the Director of Housing and Food Services at Laurentian University, said. “We understand there will be some financial hardship.”

Meal plan costs will range from \$1,720, which purchases 125 meals, to \$4,400, which allows unlimited meals, with upper year students being given the option to buy the less-expensive meal plan.

“We know that students who have been here for a year or two know the lay of the land a bit better – they know if they can or can’t cook, so we wanted to create a meal plan for them,” said Demianiuk.

Each meal plan also includes an amount of “flex dollars,” the amount depending on the plan, which can be spent at all other food vendors on campus other than the cafeteria.

The residences on the “hill,” and the Mature Student Residence, however, will not be affected, as Demianiuk said these residences operate independently.

The mandatory meal plans will go hand-in-hand with cafeteria and great hall renovations, which Demianiuk says will completely change eating on campus.

The new cafeteria will mimic the brand of Marche restaurants – in this style, a person swipes their card at the “checker” upon entry. Once you are in the cafeteria, it is essentially a buffet, where you can eat as much as you’d like as long as you stay within the cafeteria and great hall seating area.

Furthermore, there will no



Photo illustration provided

A rendered image of the Great Hall cafeteria upgrades will look like when completed.

longer be any brand names, such as the current Pizza Pizza and Miso, as they will be replaced by Fresh Food Company stands like the Mongolian grill, vegan station, grill, and all-day breakfast station.

Demianiuk says the cafeteria will be much different: “instead of just one thing, it’s a whole meal – you can choose to have an entire meal, or just components of it.”

Demianiuk said the Housing and Food Services department had been doing a number of consultations over the last three and four years and found that “lack of good food and nutritious foods” were a concern students voiced – he said the new cafeteria will create a solution to these problems.

Students who are not on the meal plan will still be able to use the all-you-can-eat cafeteria, and will instead be charged a flat rate per meal: \$8 for breakfast, \$10 for lunch, and \$12 for dinner.

Andy Rollins, who has served as President of the SGA for two years in a row, said the mandatory meal plans are a “step forward” for Laurentian.

“One of the most glaring issues at our university has been the food services – the lack of quality, the hours, the employees when they’re there,” said Rollins. “There are a number of issues. I think the mandatory meal plan is definitely something that is necessary, and I think we need to give a little to get a lot.”

Rollins also said that, after working in the LU residences for a number of years, he’s unsure if people leaving the residences due to the extra cost is something that has been considered.

“I know we have really good residences right on campus – I don’t know if the meal plan will affect it all that much... It will be a benefit to the school.” In the beginning of the planning process, Rollins was among a group that travelled to different universities that feature the Marche style cafeteria, and said that the cafeterias and variety was “amazing.”

Although there may be mixed feelings regarding the mandatory meal plans, Mathieu Labonte,

a second year economics and psychology student, believes that the mandatory meal plan will not benefit students.

“The only way this will benefit students is if the school gets rid of Aramark,” he said. “The buffet style does nothing to improve the quality of the food... (The mandatory meal plan) doesn’t help students at all, and the food will still be crap.”

Connor Koch, another LU student, said he supports the change. Koch, who is a concurrent education student currently living in the Lucien Matte residence, said he “feel(s) as if having a meal plan being mandatory brings Laurentian in line with other universities in Ontario.”

Koch also believes that the mandatory meal plan will benefit students in the long run, stating that the meal plan will “provide a larger variety of food options. Keeping money on campus is beneficial, compared to students’ spending money off campus... The mandatory meal plan will bring lots of options to Laurentian

food services, which we all know is seriously lacking in its current state.”

Although Koch is not currently on a meal plan, and said he will not be purchasing one next year, he eats at the cafeteria regularly.

The great hall and cafeteria renovations will begin mid-April, and are scheduled to be completed by September 2014, at which point the mandatory meal plans will be implemented.

In terms of the cost of renovations, Demianiuk said that in the 2012-2017 strategic goals had dedicated two million dollars to upgrading food services – part of which went to adding the Starbucks and East Residence bistro, and the remainder of which will go towards the great hall renovations, which Demianiuk estimates to be around one and a half million dollars.

“This is not a decision that I made on my own... (The food services department) talked to students and talked to staff to determine what they would like to see... I think there are tons of benefits for students,” said Demianiuk.

Model Parliament draws in students of all backgrounds

BY RYEN VELDHUIS

Once a year, two universities in Canada get the opportunity to grace the floors of the House of Commons to sit in the chairs of politicians and debate the bills of their political parties.

For 22 years now, Laurentian has held the tradition of holding a Model Parliament, which is open to students of all programs and encourages those not in the political field to join and discover how our country is run.

Along with students from the Barrie campus, Laurentian students travelled to Ottawa on the morning of Jan. 9 to make an evening tour of Parliament. Students

had the opportunity to visit several areas of the building not normally seen by tourists.

Some of the rooms in the tour included the Senate chamber, the library of Parliament and the hallowed halls of the building marked with paintings of past Prime Ministers and monarchs of England.

The library, we learned during the tour, was nearly lost during a great fire in 1952 when the thick iron doors connecting the library to the Centre Block were sealed, protecting the library from the blaze.

After the tour, the students returned to the hotel for a night of party caucuses in preparation for the early morning of

parliamentary debates in the House of Commons.

This year, the party in power was the Conservative lead by the 'Rt. Hon.' Mark Mancini as the Prime Minister. The official opposition was the NDP, led by Bryan Cayouette and the other parties: the Liberal Party, led by Chantelle Chaput, the Bloc Quebecois, led by Patrick Wright, the Green Party, led by Michelle Sowinski and the First People's National Party, led by Laurel Lynn Roberts.

That day, each party had its own agenda that could only be made through cooperation with other parties. However, due to party ideologies and back-door

dealings, passing a bill was harder for some than others.

The night before the day on the floor, Model Parliament veteran and leader of the Conservative party this year, Mancini, said the biggest challenge of the day for his team would be passing the budget. Mancini said most people in Model Parliament vote against the Conservatives just for being Conservative and indeed even some Conservatives voted against the budget when the time came.

Mancini said the Conservative party has never "won" (by passing their bill) longer than he has been participating, four years.

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Food for thought: mandatory meal plans for residence?

BY LAMBDA STAFF

As the front page of the Lambda mentioned, meal plans will become mandatory for all students living in the Laurentian University residences.

Having read through interviews with a range of school officials on the matter, I've found that many are convinced this drastic change will be great for the students, as well as the school. The new and improved cafeteria (and, after seeing the blue prints and virtual images, I can attest to the improvement) will feature healthier, local food, with an array of options that are currently non-existent in Laurentian cafeterias.

However, does the mandatory meal plan cause more problems than it solves?

Although I've been told that the

cafeteria will do its best to cater to all students, I find myself doubting if this has been achieved. For instance, did the minds behind the mandatory meal plan consider those who are from different religions? Laurentian is a very diverse school: when you impose meal plans on all students, are you in turn neglecting the specific needs of some students? For instance, will there be kosher food to satisfy the needs of the Jewish student population at Laurentian? Or halal food to satisfy the Muslim community at Laurentian?

Religion aside, will the new cafeteria's food options cater to those students with dietary restrictions? Will there be a gluten-free or lactose-intolerant section? The unfortunate answer to all these questions is "no."

It's true that the needs of some

students have been met – there will be a vegan section (although only time will tell if there will be more vegan options than just a salad bar), and the new cafeteria will certainly offer more variety than the current options.

Regardless, a large question remains: should students be forced to pay for a meal plan that they themselves may not be able to use?

I'll be the first one to agree that the food selection in the current grand hall cafeteria is disappointing at best. A change is welcomed. The current cafeteria does not offer any of the options that I've mentioned above.

The major difference, however, lies in the fact that, currently, students are not being forced to pay for food options they may not be able to enjoy.

If students' money must go toward purchasing an expensive meal plan, should it not be at least mandatory that Laurentian meet the needs of each student they are forcing to pay for these plans? lambda@laurentian.ca



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Weekend trip lets students try out the life of a national politician

CONTINUED FROM PG.2

However, this year Mancini was confident. "We have a lot more people this year in the Conservative party who are actually Conservative," he said.

On Jan. 10, at 8:30 a.m., the opening ceremonies were held in the House of Commons after a last minute meeting of the parties. Soon after the party leaders, beginning with the Prime Minister, gave their opening speeches.

The day followed the debates over the bills prepared by each party and gave chance for each party to argue their points for each one. While also giving each member time to make their individual statements. After lunch, the floor was open to a question period directed to the leading party and their leader on issues needing to be resolved. The theme of the day was of mixed approach, many members opting for fun and comedic statements and speeches while others simulated serious debate.

At the end of the session, at 5 p.m., the members voted on each bill and the budget. All of the bills passed, including the Conservative bill which would allow the leasing of national parks to the private sector, but the Liberal Party's bill to reform the electoral system of Canada.

Some of the bills passed with only a vote difference.

Finally, it came to passing the budget and it did not garner enough votes. However, Mancini put forth a motion to change the budget to allow a greater gain for the NDP, whose large numbers would help pass the budget. The motion was passed and with the help of the NDP the second round, the Conservative budget was passed with more than enough votes.

The party was overjoyed when the speaker declared the budget passed. "I'm really excited right now," Mancini said. "This hasn't happened in a very long time."

This year, many of the students were first-year and non-political science students, something Mancini felt was necessary for Model Parliament. He said it was important to have a good diversity of backgrounds and it might get some of them more excited about Canadian politics.



Photos by Ryen Veldhuis

Mark Mancini acted as the Prime Minister for Model Parliament (above). Dozens of students from Laurentian's Sudbury and Barrie campuses took part in the event (below).

How a Tweet could get you fired

TORONTO (CUP) -

"Rick Nash is getting married at the resort and apparently it's a big deal."

That was the relatively harmless tweet made by Syra Dhaliwal back in July, 2013, about Canadian hockey player Rick Nash. The tweet ultimately led to her termination at the Rousseau, a JW Marriott Resort & Spa in Muskoka.

The former Wilfrid Laurier University political science student's shift began at 6:30 a.m. By about 2 p.m. she was called into her boss's office. According to her employers, her earlier tweet was a "massive security breach." Dhaliwal was eventually let go. They fired her only two days before her three-month probation period ended.

"I had had three days off work prior to this particular shift, so I guess I didn't get the memo that we couldn't post anything about it on

social media," says Dhaliwal. "I was working that day and on my way to work someone told me that (Nash) was getting married at the resort, so I tweeted."

Dhaliwal claims her Twitter account was "protected," but her bosses still managed to find her tweet.

Nowadays, many young adults are ruining their reputation and potential employment opportunities because they fail to maintain a professional identity online. Perhaps deep in your Facebook history there's a picture of you dancing on tabletops, or a filthy status update. Either way, when an employer doubts that you're the best candidate for a job, you're out of the running.

According to Hamza Khan, Ryerson University's digital community facilitator, one in three employers will reject candidates

based on something they find out about them online.

"Ninety-three per cent of employers in North America looked for candidates via social media, or at least scanned them once they entered the application process," says Khan.

More than ever, people use social media on a daily basis. They post everything from their political views to pictures of themselves out at the club on Friday night with a bottle of vodka. You can chat with friends, find long lost family members, or maybe even find your long lost high school crush. This generation of students, however, doesn't know where to draw the line with what they share on social media outlets such as Facebook, Twitter and Instagram.

In an age where everything is digital, if you think that when you apply for a job your prospective

employer isn't going to look you up on the Internet, you're mistaken. They will.

"Personally, I look for pieces of information that help me narrow down who you are as a person," Khan says. "It's very much a stalker culture."

"I'll see what pops up in the first page of Google results and if you show up in the first page of results, I can tell that you've got an active digital identity and you've begun to tell a story about yourself."

Khan promotes the idea of having a "digital identity" and creating a polished and professional personal brand.

Digital identity, Khan explains, is the accumulation of all the things

that you've done online for however many years you've been active on social media.

"It's all begun to comprise a story about you," he says. "And you are, as you are in real life, a sum total of your experiences. Digital identity is very much a sum total of what's being said about you online."

So your digital identity should be engaging and respectable and showcase your skills to employers.

Unfortunately, many take this to the other extreme and lie about their credentials in hopes that it's what companies want to hear. Others are simply careless with what they post online. For instance, bad-mouthing your boss or company is an easy way to get rejected or fired.

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The Bitcoin debate: is it safe, fake and/or a currency of the future?

BURNABY (CUP) —

In the span of a single day, Bitcoin has gone from being seen as “fake online money” (as succinctly described to me by a bouncer), to being recognized by the US Senate as a force to be reckoned with. After recently concluding their two-day hearing on the digital, decentralized currency, officials ultimately came forward with positive comments on Bitcoin, sending its value skyrocketing to a peak of \$900 in fiat money — for a few moments, anyway.

At the same time, the Vancouver Bitcoin Co-op was signing their incorporation papers, a milestone that was filmed by NHK, Japan’s national broadcasting channel. Some enthusiasts are saying that Bitcoin has reached its first tipping point. Its every move is tracked in the headlines of mainstream press, while governments around the world are acknowledging its legitimacy as a means of exchange for goods and services.

The Canada Revenue Agency has elected to treat Bitcoin like legal tender in terms of how businesses and individuals file their taxes, though there has been no discussion around additional legislation yet. Germany recognizes it as legal tender, while the Hong Kong Monetary Authority said they would not regulate it.

However, Bitcoin companies and entrepreneurs are still regularly being

denied bank accounts. The press headlines aren’t always favourable. Still in its infancy, Bitcoin’s infrastructure is plagued by security concerns. Investor mania and shadowy acquaintances alike are cause for scepticism from the average person.

Bitcoin’s reputation for being the currency of choice in online black marketplaces, particularly the notorious website Silk Road, often precedes it, even as the value of the global illegal trading system stands at \$400 billion. Advocates argue that buying illegal drugs on Silk Road, which make up 70 per cent of their inventory, is the harm-reduced alternative to buying ecstasy from a street dealer. Because buyers could rate and review products, it was easy to find high-quality drugs at competitive prices.

Think a whole market of Walter Whites circa the first season of Breaking Bad. Big-scale cartels and drug lords aren’t the ones flocking to this particular corner of the Internet.

Even the Secret Service said during the Senate hearing that high-level criminals have not moved towards using Bitcoin and other P2P (peer-to-peer) currencies. Centralized currencies continue to be the go-to choice during criminal activity, because every transaction conducted in Bitcoin is recorded in the system’s public ledger. It is a common misperception

that digital currencies can be completely anonymous and private.

“Bitcoin is not anonymous and cannot offer the same level of privacy as cash. The use of Bitcoin leaves extensive public records,” the FAQ of Bitcoin.org states. Forbes staff writer Andy Greenberg has also documented the ease of connecting his “experimental” purchases of marijuana through three separate markets. “On Silk Road [...] our online drug buys were visible to practically anyone who took the time to look,” he writes.

This is certainly true for the average user, though — like cash — there are more sophisticated ways to launder Bitcoins.

Yet precisely because of its decentralized nature, Bitcoin can never be

completely untraceable and anonymous, though it still retains a reasonable measure of privacy compared to credit cards. If someone hacked into the transaction records of a merchant, they would have access to enough information on your credit card to use it. But because your Bitcoin wallet’s private key — which is required to gain control of the wallet — does not get recorded in the same system, your currency remains relatively safe.

Mokuso:

A Valuable Tool to Help Balance School, Work, Play, and Life.

Being a university student is hard work, and it sometimes takes its toll on our physical and mental health. I remember experiencing a total meltdown in the final year of my undergraduate degree – I don’t think I am alone in experiencing this. Thankfully, my partner was there to pick me up, put me back together, and give me the encouragement needed to finish the year. I am lucky to have her, but I am also lucky to have other tools to help cope with difficult times.

The physical benefits of martial arts are well documented, but we must not discount the positive impact karate can have on mental health. This is largely due to the formalities inherent in traditional (or classical) Japanese training methods. As a courtesy, students entering the *dojo* (training hall) bow to acknowledge the training space. This simple but powerful act does two important things. First, it signals that the student is entering a special place and time where teaching, learning, and camaraderie take place. Second, it forces students to leave any emotional baggage at the door; there is no room in the *dojo* for egos, problems, complaints, or other issues. In short, as students enter the room, we mentally teleport to ancient Japan, where we are free of cell phones, outside responsibilities, and other distractions and interruptions.

The next step in the process involves the ceremonial opening of class which includes *mokuso*. *Mokuso* is the act of clearing one’s mind. It is a type of meditation that invites the student to rest, breathe, take a moment of deep contemplation, and prepare to receive the teachings of the *Sensei* (instructor). After *mokuso*, training begins and karate practice takes place. This typically involves a warm-up period followed by the performance of various techniques. The rest of class is spent applying those techniques in the form of *kata* (patterns) and/or *kumite* (sparring) practice. The end of class is marked by a cool down and another session of *mokuso*. In this *mokuso*, students reflect on the training that has taken place.


Exiting the *dojo* at the end of class also requires students to bow to acknowledge the training space. It is time for students to turn our cell phones back on and return to our responsibilities. We must collect the baggage we initially left at the door and get back to our regular lives. We hope that the baggage is now a little lighter and easier to handle.

Karate, like university, is hard work. If it was easy, everyone would do it, and a black belt (or degree) would be worthless. Physical activity, paired with *mokuso*, gives us the tools to increase our resilience and cope with the pressures of school, work, play, and life.

To learn more about karate at Laurentian University, email karate@laurentian.ca.

Kicking It


with the campus ninja



Common Sense-Eh?

Top 5 mental health tips:

- Get active
- Connect with others
- Keep learning
- Be aware of yourself and the world
- Give to others



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Visiting the Netherlands: art museums, coffee shops and the Red Light District

COLUMN BY MATT RABEY

The Netherlands is one of the most unique places to visit in Europe both geographically and culturally.

Geographically, the Netherlands is very special as significant portions of the land lie below sea level.

This land has primarily been claimed from the Ocean with the use of dykes and the pumping out of the seawater.

The Dutch have accomplished this to such effect that one of their provinces, Flevoland (next to Amsterdam) is entirely man-made using the previously described process.

Holland has been very successful with their use of canals as well and it can be seen in their famous capital Amsterdam.

The Amsterdam canals are something truly special to see and there is no better way to experience this than to take a canal boat tour.

For a relaxing view of the city, a boat tour is best, but for those who are more active, Amsterdam is the most bike friendly city in the world (as the residents will be proud to tell you) and bike rentals shops are everywhere, with affordable prices.

The bike lanes allow cyclists to travel the entire city and are so well done that they have their own traffic light system for maximum safety.

The Dutch have a rich cultural history especially in the arts, which can be easily seen when one tours Amsterdam as there are multiple museums dedicated to this.

For example, arguably the most famous Dutch painter Vincent Van Gogh has an entire museum dedicated to his life's work and for any lover of art it is a must see.

Other things of a more controversial nature that the Dutch capital is famous for include its infamous Red Light District and coffee shops.

To anyone who has never seen it, The Amsterdam Red Light District is worth a walk through even if you have no desire to partake in any of the activities

offered.

Although prostitution is legal in many parts of Europe, Amsterdam is unique in that it has a "window shopping" set up, so even those who just want to look to see what all the fuss is about can do so and while I wouldn't suggest to take anyone who is too conservative or children (unless you want to shock them) it is still interesting just to see.

Another attraction that Amsterdam has become famous for is their multiple coffee shops in the downtown.

These coffee shops have become notorious not for coffee, but for the weed that patrons can also buy there.

Although this has been a topic of much debate whether or not tourists should be allowed to purchase and smoke marijuana like the local Dutch citizens, for the time being it is still possible.

Amsterdam is an incredible city to visit, although it can be quite expensive.

In order to keep costs down while at the same time meeting local Dutch people, I recommend couch surfing.

For those of you who do not know what this is, couch surfing is when you stay at someone's house, in the city that you are visiting, for free.

This is done by registering for the couch surfing website and then finding members in the city that you want to go to.

You look at online profiles and then once you have found someone that you think is suitable you get in touch with them and go from there.

It is sure to be a unique experience and you may even make an amazing friend in the process.



Photos by Matt Rabey

Boat tours of the Amsterdam canals are a good way to see the city (above). Rabey recommends visiting the museums the Netherlands have to offer, such as the Rijksmuseum in Amsterdam (bottom).

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Chris Krejlggaard is Hercules



BY ED VILLEUX

Huntington's very own Chris Krejlggaard might not be of Greek godly descent, but his Scandanvian heritage along with the trademark beard makes his resemblance with Hercules notable.

The Greek god is counted on in the Marvel Universe for his strength, resilience and desire to do what is right.

Much in the way Hercules is a versatile combatant, Krejlggaard has a long list of expertise and experience to apply to his teaching.

He spent decades in the newspaper

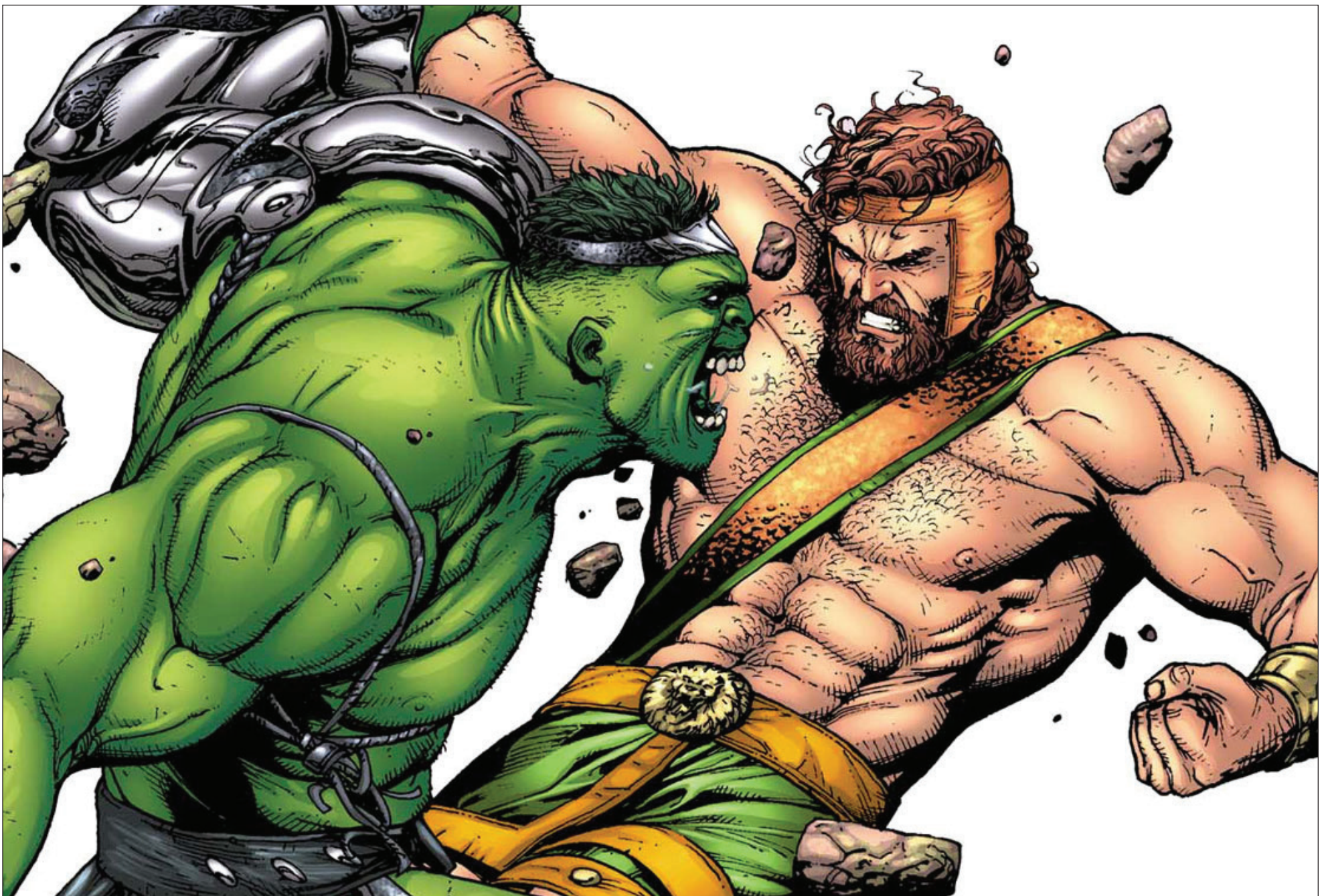
business and taught for several years at Cambrian College.

Surely Hercules would love to teach us mere mortals the ways of sports communications, but until that time Krejlggaard will hold down that post.

Where better to gain a knowledge of sport than the mighty halls of Olympus, after all?

Illustrations provided by Marvel Comics

Hercules has been in and out of the Avengers line-up for decades, as well as serving as a fill-in for the Hulk when the "Incredible Hulk" needed a new, temporary title character.



NATIONAL SURVEY OF STUDENT ENGAGEMENT (NSSE)

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Lambda recommends: Best albums of 2013

KAYLA PERRY

STAFF WRITER

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CASEY STRANGES

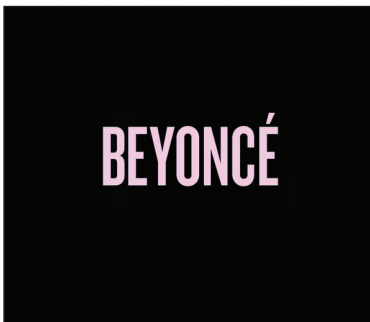
GENERAL MANAGER

ED VEILLEUX

ASSISTANT EDITOR

RON GUILLET

EDITOR-IN-CHIEF



Beyoncé - Visual Album

I loved this album for two reasons: the first being that Drunk in Love is arguably one of the best songs of the year, and the second being that the visual album changed the way people view music.



Monster Truck - Furiosity

They are a great Canadian band that represents Rock n' Roll to the fullest. With rock being some what out of the loop of popular, this band brings the love and passion back to a brand of music that kind of felt repetitive.



Neko Case - The Worse Things Get, The Harder I Fight

Haunting and emotive, Neko Case drives the nail of heartbreak deep, twists the handle just slightly, and lulls you down with killers like "I'm From Nowhere" and "Calling Cards."



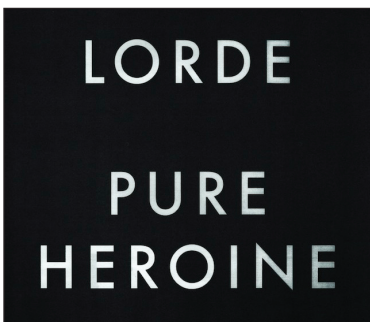
The National - Trouble Will Find Me

This band is only getting better with each album. The latest album is a cover-to-cover pleasure to listen to.



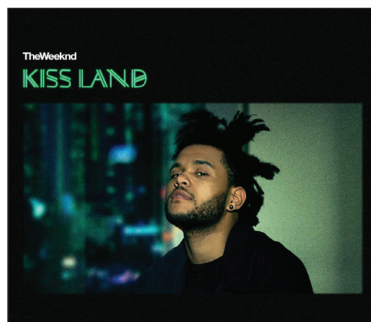
Avenged Sevenfold - Hail to the King

Avenged Sevenfold continue the trend of having each album reflect a new musical genre. Their latest effort is a mix of classic metal with progressive and modern elements of hard rock. It's riff-alicious.



Lorde - Pure Heroine

This album had so many great songs, most notably "Royals" and "Team," and was such a successful breakout album that it deserves a spot as one of the best albums of the year.



The Weeknd - Kiss Land

This is a hip-hop album that reminds me of Micheal Jackson, but what makes this different is the techno instrumental that really puts you in a relaxing and satisfied mood. Drake makes an appearance in the song "Live For." Enjoy.



Waxahatchee - Cerulean Salt

If there were a genre entitled "Sass & Basement Bubble-Gum," Waxahatchee would be its thumbnail poster child. Equal parts angst-ridden, lovelorn, triumphant, and introspective, "Cerulean Salt" shoves you in the chest, like an ex-girlfriend who reappears at a family barbeque.



J. Cole - Born Sinner

One of the most talented rappers in the game, J.Cole is at his best with his second studio album. He is one of the most versatile rappers, able to deliver intense rhymes or carry soft and heart-felt rap ballads.



The Dear Hunter - Migrant

The Dear Hunter's latest album dropped the experimental rock label and went for a heartfelt, intimate vibe. It paid off in the form of an emotional, unique collection of songs that will play on your heart strings.



Justin Timberlake - The 20/20 Experience

I love anything JT, and this album showed a new side of the artist, complete with romance, sex, and old soul music. It was also the top selling album of 2013, a fact that speaks for itself.



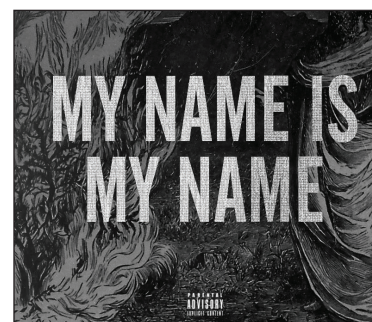
Black Sabbath - 13

The band is already legendary so how can I leave them off of this list? All tracks are great and simply bring in a philosophical aspect. Great album to get lost in.



Justin Rutledge - Valleyheart

Canada has a tradition of producing airy, melancholic crooners that seem more at home evoking bus rides through the prairies than late nights in dimly-lit cafes. Toronto's Rutledge sticks to a winning formula: loneliness, heartbreak, and feeling lonely after having your heart broken.



Pusha T - My Name is My Name

The beats are tight and Pusha T is the right man to kill them. When you see the featuring cast on this album, it's really quite the surprise that Pusha T outshines them on almost every track.



Protest the Hero - Volition

One of the best albums I've ever heard. Blistering guitars, thoughtful lyrics, and the overall technicality is simply astonishing. And they're Canadian. Don Cherry approves.

Kidnapped in Syria: Journalist talks about terrifying ordeal

TORONTO (CUP) — Italian feature film *The Border* was one of the most talked about movies at this year's Toronto International Film Festival (TIFF). To recreate the frightening reality Syria as it currently is, a country where civil war is continuing at full strength, director Alessio Cremonini involved non-professional actors and refugees.

After working for more than a year on Syria at that time, Italo-Syrian journalist Susan Dabbous was invited on board as a co-writer and a specialist in real refugee stories. The movie's plot — the risky journey of two deeply religious sisters, Fatima and Aya, who flee towards the Turkish border after Fatima's husband decides to defect to the Syrian Free Army — was familiar to Dabbous.

"What is important to me as a journalist, this movie is very realistic. Even if it's not a true story, I was connecting different ones that I have heard from real refugees. So I knew how it works. If you defect, then you have to protect your family. Your family becomes a refugee because you have a pretty big problem with security. For women it's even worse because you can be targeted for other abuses," said Dabbous. "It is one of the few movies about Syria during the revolution or during the war."

The cinema's conflict, starting in Latakia province, became fateful for Dabbous, who ended up kidnapped in Syria. On April 4, 2013, she and three Italian male journalists were kidnapped in the same area by an Islamic group Jabhat al-Nusra, affiliated with al-Qaeda. "It was just a coincidence. Our life is strange, really strange," said Dabbous.

About 15 minutes after arriving in Ghassaniya to film a desecrated church, under the guidance of a local priest Father Francois Murad who was living in the village with three others when most Christians fled due to safety reasons, Dabbous and her colleagues from Italy's Rai TV were kidnapped.

Accused by Jabhat al-Nusra of being spies, the journalists were kept in captivity until April 13 while the Italian government was making all the efforts to release them with the support of a mediator.

"In my case they were quite convinced that I was a spy. So

this was very dangerous," she said. "Thanks God the Italian government did well. When they were in touch with the group, they said four of them are Italians and Susan is also Italian even if she has a Syrian origin. The problem at that time during negotiations was they wanted to free just the guys and to keep me there."

Dabbous's mixed background (born in Syria, grown up in Italy, and based in Lebanon) was working against her. Even being originally Syrian, at that time she thought "the land where she was born could be the land where she was going to die".

"They were very confused by my character. They don't accept that a woman works and works in a war zone, travelling while she is not accompanied by any family member," she said. "The problem was also that my father is Muslim and my mom is Christian. I was a very targeted mix for them."

Being the only woman in the village, Dabbous was following all the rules and Muslim traditions to get the respect of the rebel group: she didn't talk without their permission, and she was learning Koran along with cooking.

"I found if they wouldn't respect me, they may abuse me, and that was the most terrible thing because there were tons of them, 50 to 70 fighters. If you start thinking about it for one second, you become crazy. So I said ok, I am originally Muslim, I can be Muslim, and I want them to respect me," said Dabbous.

After being released, Dabbous was going through a physiologically unstable condition and hasn't returned to Syria. Later this year Dabbous found out that Father Fransua had been shot in June.

"I was not very surprised because it was quite evident that they hated him and they had

beaten him. He was not afraid to answer them. He was dealing with people with weapons, knowing they have very terrible terroristic ideology. He was dealing with them defending his place and his church. He was trying to keep sort of dignity but that time I was terrified and I was doing exactly what they wanted," said Dabbous.

According to a press freedom barometer published by Reporters Without Borders 25 journalists have been killed and 14 foreign journalists are imprisoned or missing — 60 citizen journalists and netizens have also been imprisoned and 70 killed since

March 2011.

According to Dabbous, about two journalists are being killed every week carrying out their work in Middle East and this number is constantly growing.


"It has got a lot more difficult for journalists to safely report inside Syria. The situation is very chaotic and out of control. There are lots of different armed groups. Some of them are attached to al-Qaeda and are keen to make money by kidnapping foreigners. Some still have connections to the Syrian government who wants to capture foreign journalists. There are lots of threats. It is very dangerous to

cover Syria and it is also very hard to cover it properly. It is very hard to get around the country safely and it's difficult to be free to talk to whoever you want," said Dabbous.

"But I think it is still important work because there are still terrible things happening to the Syrian people every day and it has become a hidden war. Outside Syria we don't hear or see many of the things that are happening on the ground."

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Cortical Column: Musical processing

BY LUCAS TESSARO

Last column I wrote of the uniquely Human characteristic of language – a form of communication which is highly complex and unlike anything known in the greater animal kingdom. This week, I am going to discuss another form of communication – the production and perception of music. Like language, music is found in multiple forms across all human societies, and while other animals may make ‘song-like’ forms of communication, only humans conduct it as a form of emotional expression and creative exposition.

Trehub (2001) demonstrated that musical abilities develop in all children at a very early age without conscious thought, however they do require exposure to melodies, harmonies and rhythms. Broadman Areas 41 and 42 in the temporal cortex

are the primary auditory cortex and is most intimately involved with the processing of musical patterns. But the whole story, as with music itself, is much more complex.

‘Pitch’ is the perception of sound based in its vibrational frequency – that is, whether a note is an A or a G. This musical property is largely sensed by the cochlea of the ear and processed by the primary auditory cortex – the rate of transmission is directly related to the frequency of the note. It is also hypothesized that parts of the brainstem – the cochlear nucleus, inferior colliculus, and the auditory thalamus – are responsible for recognizing the temporal pattern inherent in music.

It is therefore unsurprising that these structures are also associated with the nature of time in music – rhythm. In

addition to the auditory cortices and the above brainstem areas, the left frontal cortex also shows activation when individuals are preparing to perform a rhythm. That is, the right auditory and brainstem structures process the perception of rhythm, while production is left frontal. A study by Snyder and Large (2005) demonstrated that the ‘gamma’ band of human brain activity is strongly related to the perception of rhythm.

Rhythm and pitch combine to form a new musical property – melody, the linear progression of pitches in a proper temporal pattern. Melody is processed within the secondary auditory cortex, and one of the most interesting facets of melody is that individuals hearing a new pattern can determine when a note is out of time or pitch automatically without prior knowledge of the

pattern (Brattico, 2006). This is somewhat unsurprising, however, given that the same patterns of brain activity associated with language are involved with processing music (Schlosser, 1998; Koelsch, 2000; Klein, 2001; Brown, 2006).

The final main component of music is harmony or tonality – the relationship between two or more simultaneous notes. If melody is the linear progression, consider harmony the vertical progression. The innate vibrational components of musical instruments (and notes) generates “sub-harmonics” within the note, and it is these relationships which permit the consonance associated with harmonious overtures. Janata (2002) indicated that, once again, harmony is processed within the right auditory cortex with associated input from the medial prefrontal cortex and the

cerebellum.

In a humorous TL; DR (too long, didn’t read): language is primarily associated with the left hemisphere, specifically the left auditory cortex (temporal lobes) and the frontal/pre-frontal lobes. Music, however is mostly a right hemispheric function within the same structures, but also incorporating parts of the brain stem and cerebellum. As with many things in neuroscience – there is never a simple answer, but I hope that this musical neuroanatomy lesson might help with your understanding of both.

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Bill would extend workplace safety laws to unpaid interns in Ontario

HAMILTON (CUP) — A bill tabled just before the start of 2014 outlines potential protections for co-op students and unpaid interns in Ontario.

The province's minister of labour, Yasir Naqvi, introduced the "Stronger Workplaces for a Stronger Economy Act," in December 2013. The bill seeks to amend five statutes affecting temporary and precarious workers. It would broaden the definition of 'worker' in the province's Occupational Health and Safety Act (OHSA) so that co-op students and unpaid interns would have the same protections under the act, such as the right to refuse unsafe work, as paid employees.

An internal memo from the Ministry of Labour's office surfaced in November 2013, stating that workers not receiving monetary compensation are not covered under the OHSA. In his speech introducing the bill, Naqvi addressed the health and safety issue

and said the government would work to raise awareness of internship regulations.

Unpaid internships are illegal in Ontario unless they meet six criteria under the Employment Standards Act (ESA), which exempts co-op placements for university and college.

"What we've said is, we have strong rules in place no matter what your job title is. But it seems what we need now is to find better ways to reach employers, students and young workers," said Jonathan Rose, communications director for the ministry of labour. "We're also going to be doing an enforcement blitz during the summer targeting unpaid internships."

Other proposed amendments include increasing the amount of time to file an unpaid-wages complaint from six months to two years and removing the \$10,000 cap on unpaid wages that can be claimed.

Lobbying groups including the Canadian Intern Association, the Ontario Undergraduate Student Alliance and the Canadian Federation of Students-Ontario, welcomed the bill as a step in the right direction but continue to advocate for a crackdown on unpaid internships.

Joel Duff, spokesperson for the Ontario Federation of Labour, said that while bill may improve conditions for unpaid interns, it doesn't tackle the root of the problem.

"In many places, students see internships predominantly as a step to a career. They're going to be very unlikely to file a complaint under the ESA because they wouldn't want to jeopardize their chances of getting hired by that company. That leaves them particularly vulnerable."

Duff also said co-op placements hosted by postsecondary institutions should be evaluated based on their academic and

experiential value to students.

"The government should strike a community consultation with stakeholder groups—students unions, intern associations, the labour movement and employers. [These groups] should be around the table to give input about how to fix the legislation to better protect interns from exploitation."

In Canada, unpaid internships are largely undocumented and are not federally regulated. Estimates suggest there are between 100,000 and 300,000 unpaid internships across the country.

Letter to the editor: Psychology of Tattoos

SUBMISSION BY DAVID CHIRKO

Today there are some twenty million people in America donning tattoos. There are also over a dozen television programs featuring the phenomenon of tattooing—regarding its artistic techniques and final outcomes, competitions, and running a retail establishment that creates ink on skin images.

Experts in this article, and many of us, no doubt, have seen tattoos employed as a biography on skin, memorialization, or talisman. Tattoos are, as well, indicative of someone's drug use, problem sexuality, ideation of suicide, eating disorder, or expression of social status. In fact, human social anatomy (behavior + anatomy + physical anthropology) may elucidate the popularity of tattoos. American zoologist, paleobiologist, natural historian and artist Russell Dale Guthrie, Ph.D., in "Body Hot Spots" (1977) avers, "Social organs form the essence of our appearance. They underlie our... decisions, values, prejudices, gestures, loves, dislikes, weaknesses and secrets about ourselves and.... physical features...developed to alter social communication."

Moreover, in "Manwatching A Field Guide to Human Behavior" (1977), English zoologist, ethologist, sociobiologist and

surrealistic painter Desmond John Morris, D. Phil., tells us, "Tattooing and scarring, being more or less permanent mutilations of the skin, are essentially badges of allegiance, and it is significant that many of the designs favoured by sailors are symbols of pair-bonds (hearts and arrows) or culture-bonds (patriotic flags and national emblems)." He also says that in the early 20th century American men were implored to have marital status identified on their wives by utilizing tattoos, as was done with 19th century New Zealand natives.

This brings me to American cultural anthropologist Margaret Mead, Ph.D., who, in her "Male and Female A Study of the Sexes in a Changing World" (1949), says that in the South Pacific, to parallel a woman's life sequence, a man may have "...something...done to his body—circumcision, incision... scarification, tattooing—in which members of his culture...no longer following any clear rhythm of their biological inheritance, alter, deform, or beautify his body. Or the society must...introduce artificial social distinctions...."

From the above we see that inking one's epidermis has an inextricable connection—socially, culturally, psychologically and historically—with people as objects. Apropos

here are the observations of Swiss developmental psychologist and philosopher (originally involved with psychoanalysis) Jean Piaget, Dr.Sc. (zoology), who says in his "Six Psychological Studies" (1967), "...with...construction of the object, awareness of 'self' begins to be affirmed by... internal...reality...." Further, "...objects are conceived by analogy with this self as active, alive, and conscious...particularly so with...people. The...feelings of joy...sadness...success and failure...are now experienced as a function of this objectification of things and...people, from which interpersonal feelings...develop. The affective 'object choice' which psychoanalysis contrasts with narcissism is...first...vested in the...mother, then...father and other relatives."

Applying Piagetian dynamics further, we learn from English psychologist and psychoanalyst Alessandra Lemma, D.Clin. Psy., in her "Under the Skin A Psychoanalytic Study of Body Modification" (2010) documenting what she and others witnessed in people she had or had not analyzed, that what's involved here with objects and tattoos may be a pathologically internalized relationship. She speaks of, for

instance, "(m)other-as-mirror"—the inaugural emotional mirror of the mother's face, with its healthy, admiring gaze being the infant's first object they relate to, whereby the interplay sculpts their inner reality and the maturing of their being-in-a-body and self. She alludes to body dysmorphic disorder, when this situation is negative. Furthermore, when awry, Lemma elaborates that this "...perfect match fantasy... serves the function of creating a perfect, ideal body that will guarantee the mother's love and desire. The subjective experience is of a painful, humiliating insufficiency and this narcissistic wound cures itself by manic flight into changing the body's surface. The...fantasy therefore concerns the fusion of an idealized self (...felt to be an idealized body) with an idealized object/body."

Essentially, Lemma is saying that someone communicating via a tattoo (displacing and symbolizing like we see in dream imagery), occupies a situation they cannot manumit themselves from, or directly focus on. They therefore deliver a form of violence, when they assail and/or repel "the other"—the earlier mentioned object(s) or other person(s), like, say, those from a dysfunctional,

oppressive, familial relationship, whose memory of whom is "out there." This is accomplished by the oozing of what is then entertained as sacrosanct blood (followed by a management system of unconscious conflict and anxiety, whereby intrapsychic pain becomes physical pain, in the masochistic sense), in which the individual also goes through a healing and rebirthing—a spiritually creative and physically redemptive transformation—where one can choose what they want, "taking control" over their life. Herein they can be rebellious, empowered, different, included or detached (whatever the case may be). Identifying now with their body and/or themselves, they thus capture another aspect of their more authentic, personal and social self/identity, whether or not fashionable—by employing their own "rejected" body.

Finally, through the centuries and around the globe, tattoos have provided a profound action language.

Today many people meaningfully express on flesh what they often, sometimes painfully, feel deeply about: the need for love, or the making of a social statement.

New tuition billing policy introduced in Ontario

HAMILTON (CUP) — Ontario's Ministry of Training, Colleges and Universities has announced a new set of tuition billing regulations that will begin taking effect in the 2014-15 academic year. The changes are expected to be fully implemented by 2016.

The new policy states that all post-secondary students in Ontario will be able to pay tuition per term without having to pay deferral fees. Tuition payments for a fall term cannot be due before August, and students who apply for the Ontario Student Assistance Program (OSAP) by the beginning of August will not have to pay tuition before receiving their financial aid.

In response to the policy, the Ontario Undergraduate Student Alliance (OUSA) and the Canadian Federation of Students-Ontario (CFS-Ontario) commended the ministry but also flagged some concerns.

"One thing we need to note

is that we've heard from many university presidents that with these fees gone, there's going to be less money in the system," said Amir Eftekarpour, president of OUSA and vp external of the University Students' Council at Western University.

"We definitely don't want students to experience a lower quality of education because of this. There needs to be some discussion around ensuring that there is a funded reduction of these fees," he said.

Another issue of contention, flat-fee tuition billing, will be more regulated but not altogether eliminated.

The ministry has committed to raising the current 60 per cent threshold to 70 per cent in 2015, then to 80 per cent by 2016. Students with disabilities will not be charged flat-fee tuition.

While some have argued that flat-fee billing provides institutions with a more predictable revenue stream and encourages students to

finish their degrees sooner, student representatives have strongly criticized the model for charging some students for education they do not receive.

"From a student perspective, we very much advocate for full per-credit tuition and that there needs to be some way to find funding for it so it can happen in the short term. Unfortunately, given the economic reality, there doesn't seem to be a lot of money floating around the province," Eftekarpour said.

Eight universities in the province currently charge flat-fees above the 60 per cent threshold. The University of Toronto is the only university in Ontario charging flat-fee tuition to students taking 60 per cent of a course load. With the new policy, the U of T could see a \$16 million annual loss in revenue, the university's president told the Toronto Star in anticipation of an increased threshold.

The CFS-Ontario, which also lobbied for the elimination of flat

fees and deferral fees, had further recommended that institutions be prohibited from charging interest on unpaid balances and deposits on tuition.

With the new rules, students will continue to be charged late fees and interest if they are unable to pay by per-term deadlines. Institutions will be allowed to charge deposits on tuition, but they will be capped at \$500 or 10 per cent of tuition, whichever is greater.

"Unfortunately, some of the proposals provide new opportunities for institutions to burden students with additional costs," said CFS-Ontario chairperson Alastair Wood in a release. "Students will continue to advocate at the institutional and provincial levels to end these and other unfair fee practices."

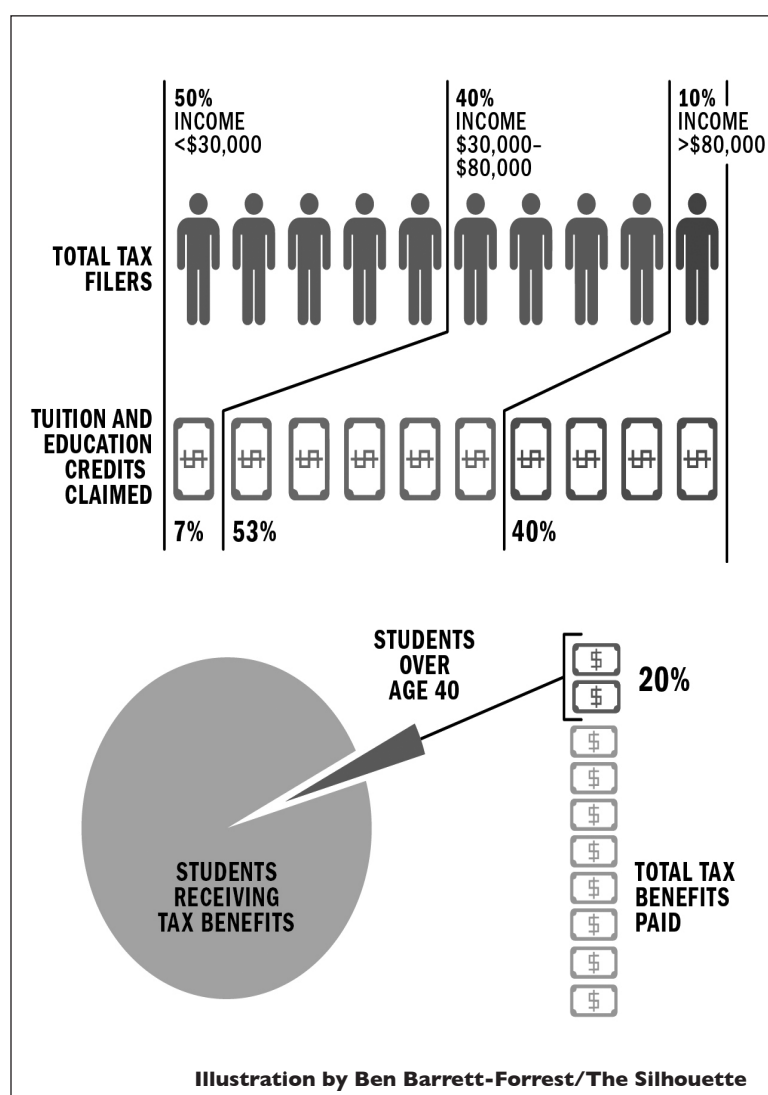
The ministry's new policy also eliminates graduation fees but does not address ancillary and online testing fees. Both the CFS-Ontario and OUSA have

maintained that students should not pay to be evaluated through learning software.

"The ministry didn't say that [online testing fees] are okay now. It certainly was a difficult discussion about what the best solution is," Eftekarpour said. "I think it's unfortunate that student unions will now have to engage with their universities to hammer out some sort of process for all of this. We really wish it was just maintaining that these aren't allowed."

"Just to clarify, we're not at all against the online testing materials," he added. "It's really good quality software and it's a great learning experience. Students just can't pay to be tested to use it, that's just against our principles."

Tuition tax credits targeting wealthy, not low-income, students



HAMILTON (CUP) — Every year, Canadian postsecondary students are eligible for tuition, education and textbook credits that cost billions of dollars in funding. But, as it turns out, students from low-income households are least likely to benefit from the credits during school despite needing the money the most.

A recent study, conducted through the C.D. Howe Institute, found that tax credits are "disproportionately" transferred to well-off families in a given tax year. Most students from lower-income households can claim the non-refundable credits only after they finish school and start earning enough taxable income.

Christine Neill, an associate professor of economics at Wilfrid Laurier University in Waterloo, Ont., authored the study. She found that the tax credit savings amount to about \$2,000 per year for the average Canadian undergraduate student.

"For youth from relatively high income families, a couple thousand dollars per year may not change their decision to go to university or college, but it might change those from low-income families. The problem is, they tend to get the money later," Neill said.

In 2012, students with family incomes below \$30,000 used only 7 per cent of education credits transferred to parents in 2012, but made up about half of tax filers.

Households with an income above

\$80,000 used about 42 per cent of education credits transferred to parents but made up just 10 per cent of tax filers.

Neill recommended that simply making the credits refundable would vastly improve the program. Students not earning enough taxable income would then get a cheque in the mail for what they couldn't claim on their taxes, instead of having to carry the credits forward.

The same recommendation has been made in the past by the Canadian Alliance of Student Associations (CASA) and the Ontario Undergraduate Student Alliance (OUSA).

According to Neill's study, undergraduate students in British Columbia save the least from the tax credits, followed by students in Ontario and Newfoundland. Students in Alberta save the most out of all the provinces, but by a small margin.

A 2010 study found that college students save a larger proportion of their tuition from the credits than university students. However, college students end up with a smaller dollar value from the credits because their tuition is, on average, lower.

Last year, the federal government spent \$1.6 billion on tuition, education and textbook tax credits — more than the \$0.7 billion it spent on the Canada Student Loan Program.

Tuition and education credits

were first introduced in 1961, and the option to "carry forward" unclaimed amounts was introduced in 1997.

"Before the carry-forward was introduced, kids from low income families may never have been able to claim the credits — after 1997, the program became more expensive but it became better," Neill said.

In 2006, a textbook credit was added, raising questions from the academic community on the efficacy of the program.

Whether to stimulate enrolment in postsecondary education or to distribute wealth to students from lower-income families, the purpose of the tax credits hasn't been clearly articulated.

Neill argues that the credits currently fail on both efficiency and equity principles. She also made a point that the credits aren't well-advertised on university and college web pages that display tuition fee information.

"One major issue is that many people don't know about [the credits], and they don't know before going through postsecondary education," Neill said. "If you don't know something exists, how would it affect your behaviour?"

Voyageurs drop weekend games

BY GABRIEL RODRIGUES

Laurentian's women's basketball team lost both their games this weekend when they played host to the Carleton Ravens and Ottawa Gee-Gees, dropping their record to 2-9.

On Friday, Jan. 10, the Voyageurs fought hard but lost to the Carleton Ravens 56-53, after having the lead for most of the game.

In the first quarter, Carleton started the game off with a three-point attempt, but after that, Laurentian started playing man-to-man defense which forced the Ravens to turn over the ball.

The Voyageurs continued its strong start, as the game began to go back and forth, but both teams settled for a 10-10 tie after the first quarter.

In the second, Laurentian started where they left off in the first, as they forced the Ravens to turn over the ball, which led the Voyageurs to go on a 10-0 run to start the quarter.

After a much-needed timeout, the Ravens picked up their game and started hitting some shots of their own, but the Voyageurs took a 27-21 lead going into halftime.

In the third, the Ravens looked to have jump in their step, however, the Voyageurs continued to stick to their lead, but soon found themselves tied 40-40 going into the last quarter.

To start the fourth, Carleton carried their momentum from the third quarter and hit two early shots. Following a timeout, Laurentian picked up their game and soon found themselves taking it to the Ravens, forcing Carleton to call a timeout of their own.

In the last five minutes, both teams started to exchange baskets and Laurentian took a four-point lead. But with a minute left, Carleton called a much needed timeout and found themselves hitting some clutch shots, winning the game by three points.

Voyageurs head coach Jason Hurley was pleased with his team's effort throughout the game.

"We played hard," he said.



Photo by Gabriel Rodrigues

Laurentian guard Adrienne Moreau looks for options against the Ottawa Gee-Gees on Saturday, Jan. 11. The Voyageurs lost the game 61-51.

"When we are connected, we are a good team, but we were just unlucky to finish it off."

Carleton's Elizabeth Roach led all scorers with 24 points, four rebounds and going 10 for 10 from the free-throw line.

Laurentian guard, Danielle Harris, scored 11 points, collecting three rebounds and two assists to lead the Voyageurs in scoring throughout the game.

This game came down to free-throws, as the Voyageurs went 14-27 (51.9 per cent) from the line while the Ravens shot 18-24 (75 per cent). Laurentian out-rebounded the Ravens 41-26, but had 20 turnovers compared to Carleton's 14.

On Saturday, Jan. 11, Laurentian dropped their second game in a row when they lost 61-51 to the Ottawa Gee-Gees.

In the first quarter, the Voyageurs came out a little sloppy with costly turnovers that led to some easy buckets for the Gee-Gees.

Laurentian would pick it up,

but Ottawa continued to win ball possession with offensive rebounds and the Voyageurs misuse of the ball, taking the lead 17-9 after the first.

In the second, Ottawa continued to score baskets forcing Hurley to call a much needed timeout.

But, once the Voyageurs returned, Laurentian could not muster many scoring chances and only managed to score five points in the quarter, as Ottawa took a 32-14 lead going into halftime.

In the third, Laurentian picked up their game and started to hit some timely shots, but the Gee-Gees countered most of the Voyageurs opportunities and took the quarter 20-17.

In the fourth, the Voyageurs clearly outplayed Ottawa, scoring 20 points in the quarter, but Laurentian's start to the game proved to be their demise, as the Gee-Gees won by 10 points.

"We didn't show up ready to play," said Hurley. "Our attention to detail was off, and

we were making costly mistakes by stepping out of bounds and travelling. But, you got to be happy with our third and fourth quarter because we finally started playing some basketball."

Voyageurs forward Emma Decloe had a strong performance for Laurentian scoring 20 points and collecting seven rebounds during the game.

Ottawa's Angela Tilk scored 20 points, adding six rebounds and two assists for Gee-Gees.

Laurentian's use of the ball was lacking throughout the game, as the Voyageurs turned over the ball 26 times while Ottawa had 21.

Decloe, in her fourth-year playing for the Voyageurs, said her team needed to be intense for the full game against Ottawa.

"We need to start off a lot better," she said. "We weren't as sharp as we could have been, but it was great to see that we didn't just roll over and give up."

Decloe believes team work is crucial for her team's success.

"When we play as a team, we are hard to play against," she said. "There are a lot of positives we can take from this weekend, especially against Carleton. We just need to be able to play for all four quarters in every game because we can compete with good teams, but we can't continue to have one or two bad quarters."

Laurentian plays host again next weekend when they take on the Queen's Gaels on Friday, Jan. 17, and the York Lions on Saturday, Jan. 18, with both games beginning at 6 p.m. at the Ben F. Avery Gymnasium.

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Swords: 'We have to worry about ourselves now'

BY GABRIEL RODRIGUES

This weekend, Laurentian's men's basketball team dropped their first two home games of the New Year against the number one and two ranked teams in the country, the Carleton Ravens and Ottawa Gee-Gees.

On Friday, Jan. 10, the Voyageurs lost their first game at home this season 88-54 to the undefeated Carleton Ravens (11-0).

In the first, Carleton took it to the Voyageurs, hitting timely shots and running away with the opening quarter 21-15.

The second quarter was a lot like the first, with Carleton controlling much of the play and forcing Laurentian to misuse the ball, leading to some easy baskets as the Ravens took a 42-28 lead going into halftime.

After the half, Laurentian came out with a little more jump, but Carleton would score 28 points in the third while the Voyageurs could only manage 13 points in the quarter.

Going into the fourth quarter, Laurentian found themselves down by 29 points, but the Voyageurs still showed some fight. The Ravens, however, would run away with the game, taking it by 34 points.

Laurentian head coach Shawn Swords wasn't impressed by his team's performance against the Ravens.

"They are such a good team," he said. "But I'm upset about our effort. We need to learn from this because once a good team like Carleton starts rolling it gets into guys' heads which becomes a struggle. It was definitely a wake-up call for us to be better."

Voyageurs guard Alex Ratte led all scorers with 19 points, collecting three rebounds and going eight for eight from the free-throw line throughout the game.

Carleton's Thomas Scrubb had 18 points, 11 rebounds and added four assists to lead the Ravens to victory.

Rebounds were clearly a focal point for Carleton's success, as the Ravens out-rebounded the Voyageurs 42-25 with 15 of those being offensive rebounds.

Also, the Ravens had a combined 15 assists compared to Laurentian's seven, making Carleton's use of the ball influential to their teams' win against the Voyageurs.

On Saturday, Jan. 11, The Voyageurs dropped their second-straight home game when they lost 93-72 to the Ottawa Gee-Gees, dropping Laurentian's record to 7-4 this season.

In the first, the Voyageurs struggled to get things going as Ottawa scored the first three baskets of the quarter. Soon after, Laurentian started to find their game and found themselves only down by six going into the second.

Laurentian couldn't manage to get any momentum in the second scoring only nine points, while the Gee-Gees began to take over the game, going on an 11-0 run to end the quarter, leading 51-33 at halftime.

In the third, Laurentian came out strong and began to score some points as the Voyageurs outscored Ottawa in the quarter 27-22, finding themselves only down by 12 going into the last quarter.

However, in the fourth, the Gee-Gees proved to be too strong for the Voyageurs, outscoring Laurentian 20-12.

Swords said that, although they lost, he was much more pleased with his team's effort against Ottawa as opposed to their performance versus Carleton.

"We battled harder," he said. "We outworked them throughout the game but we didn't take care of the ball as



Photo by Gabriel Rodrigues

Josh Budd looks for an open lane in a game against the Ottawa Gee-Gees on Saturday, Jan. 11. The Voyageurs dropped the game 93-72.

well as we should have. We did a good job of trying to get back but we were stuck chasing the game."

Ottawa's Johnny Berhanemeskel led all scorers with 29 points, collecting four rebounds and adding two assists in the Gee-Gees win.

Laurentian guard, Alex Ratte, had 22 points, four rebounds and two assists to lead the Voyageurs.

The Voyageurs ball handling was a little off against the Gee-Gees, as Ottawa managed to steal the ball ten times compared to Laurentian's five in

the game.

Ottawa had a combined 19 assists while the Voyageurs had 15, making the Gee-Gees passing game more efficient throughout the game.

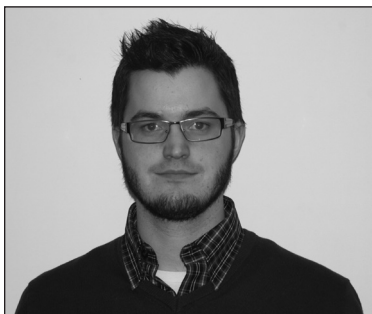
Swords believes his team need to learn from their mistakes against Ottawa and Carleton, and "bounce back."

"We just couldn't get any momentum," he said. "We were giving to many direct lines to the basket and it's hard to defend when those lanes are open. It's our first two losses at home,

but that being said, it was against the number one and two ranked teams in the country. We have to worry about ourselves now, and work on our on-the-ball defense, trying to get a good transition and keep the ball in the offensive zone."

The Voyageurs are home next weekend when they host the Queen's Gaels (7-5) on Friday, Jan. 17, and the York Lions (7-5) on Saturday, Jan. 18, with both games starting at 8 p.m. at the Ben F. Avery Gymnasium.

Analysis: Shots, shots and more shots



BY RON GUILLET

With the Laurentian Voyageurs taking a 13-year hiatus before they returned to the ice this season, predicting their success was a difficult task.

Laurentian has now played 19 games, of a 28-game schedule, and

have a 5-14 record in the Eastern Conference. That places them in the eighth and final playoff spot, one point ahead of their northern rivals, the Nipissing Lakers.

Considering the time lapse since Laurentian last iced a hockey team, struggles out of the gate were certainly not unforeseen. This is a necessary step to assemble a core group to build from, so to expect immediate results was optimistic, if not unfair. While the Voyageurs' sample size in the Ontario University Athletics is still small, there are trends worth exploring, which we will get to right now.

Let's take a look at the top two teams in the East for the purpose that they are in the same division. It is obviously unfair to compare Laurentian to the

top teams in the division, especially given their prolonged hiatus, but the analysis that follows is to examine what makes those teams successful.

The current top teams in the East are the Queen's Gaels (12-2-5) and the McGill Redmen (14-5-1).

Queen's has 56 goals for and 42 goals against. They have outshot their opponents in nine of 18 games (one match was forfeited so it's not included) and are 6-0-3 in those games. They are 4-2-1 when being outshot but those wins came by a one to four-shot margin.

McGill has 83 goals for and 48 goals against. They have outshot their opponents in 16 of 20 games and are 13-3 when doing so. They are 1-2-1 when outshot but have never conceded more than a five-shot advantage.

What's important to extract from these statistics is that puck possession is a crucial component to success, rather than attempting to consistently score off the rush. There are other factors to consider, of course, such as strong special teams and goaltending, which can mitigate the adverse effects of weak puck possession.

Consider that Laurentian is 3-11 when outshot. Alain Valiquette, who played for the Sudbury Wolves from 2006 to 2011, is responsible for two of those wins and has only played in 10 games so far due to injury.

Valiquette has faced an average of 36.1 shots per game, second to only Marc-Antoine Gelinac of UQTR, who faces an average of 40.6 per game. Valiquette has an impressive .914 save

percentage despite the volume of shots he faces and holds a 3-7 record with a 3.42 goals-against average (which accentuates just how good he has been).

Considering that Laurentian is 2-3 when outshooting their opponents (two of the losses came by a one-shot margin), Valiquette's goaltending should give Laurentian a boost in the standings provided he continues to stop a lot of pucks.

With that in mind, the Voyageurs' return season to the OUA should not be used as a barometer of what they can achieve at this level. Give them, at least, a few years. For now, it's about building a solid foundation.

Rabey's round-up: Acceptance of homosexuality in sports

BY MATT RABEY

With the 2014 Sochi Olympics just around the corner and the Russian government's homophobic stance, homophobia in sports has taken the front page of the news.

The trend has continued into the world of football, specifically with Thomas Hitzlsperger's "coming out" on Jan. 8.

The former Germany international footballer is no longer playing football having retired in September 2013, but his historic announcement is the first for any player to have played in the Premier League.

In his interview, Hitzlsperger says that the time was right to announce that he was gay and cites that he only realized that he was gay during the last few years of his career.

Even if that is true, which I am not saying that it isn't, he still waited until after his playing career had drawn to a close to announce that he was gay.

Now to come right out and say that Hitzlsperger was afraid to come out as gay during his playing career due to persecution would be jumping to conclusions, but not unreasonable ones.

Professional football has come a long way since the days of Justin Fashanu and the persecution this openly gay footballer had to endure, but to say that it does not still exist and that it doesn't take courage to publicly announce one's homosexuality is nonsense.

For example, Evander Holyfield recently said that being gay "ain't normal" and that people who are gay should go to the doctor to get it "fixed."

Probably more shocking than Holyfield is the comment made by Michael Johnson, who was quoted as saying that homosexuality is "detestable."

While this comment is shocking in and of itself, what is more shocking is that Johnson was a member of the Football Association's Inclusion Advisory Board.

Now while these are only two examples from professional sports, they are both examples from this year and it is still January.

Many ignorant people hold many misconceptions regarding homosexuality that if thought about for even a second are proved absolutely ridiculous.

For example, Hitzlsperger talks about the

misconception that many people have that to play professional sports like football you have to be tough and being gay makes you weak.

During his playing career, Hitzlsperger's nickname was "Der Hammer" because of the power of his shot obviously dispelling the myth that to be gay also equals that you are weak.

In fact to take that one step further, Spartan warriors, arguably the "manliest" men of all were known homosexuals.

Maybe there is nothing more "manly" than two men having sex and homophobes are just afraid to admit this?

While that last comment was merely to illustrate how ignorant it is to say that gay equals weak, I personally think that because of the amount of flack that gay athletes will take from people like Holyfield and Johnson, coming out as gay should be associated more so with strength.

Robbie Rogers (an openly gay footballer for the LA Galaxy) said, "The biggest obstacle is fear. The fear of rejection from their teammates, from fans, probably their

families, fear of the owners of the team might not want a gay athlete."

For Rogers and other gay footballers to be scared of announcing that they are gay clearly states that there is still a huge problem with inclusion in football.

Even by FIFA's actions to give the 2022 World Cup to a country where homosexuality is illegal tells homosexuals that they are not truly accepted in football.

Football is said to be the world's game but homosexuals are not truly accepted within it as Queen's Park Ranger's midfielder Joey Barton said on Twitter, "Sad times when people have to wait until they retire from their chosen profession before they feel other people will judge them solely on who the human being is. Shame on all of us as a society."

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Column: Rise of Canadian talent impacts CIS



BY GABRIEL RODRIGUES

Last year, Canadian Anthony Bennett was picked first overall in the NBA draft. It was the first time a player from the country was chosen as the number one pick.

Now, with the rise of projected 2014 first overall pick Andrew Wiggins, Canadian basketball players are clearly making a name for themselves in the NCAA.

However, Bennett and Wiggins aren't the only Canadian products that have turned heads in the U.S., as Cory Joseph (San Antonio Spurs) and Tristan Thompson (Cleveland Cavaliers) are just a few in the last number of years who used the NCAA route to be drafted in the NBA.

So with all this hype surrounding Canadians in Division 1 of the NCAA, where does this leave CIS basketball?

Last year, there were approximately 70 Canadian-born male basketball players in Division 1, and after Bennett was picked first overall out of the University of Nevada, Las Vegas (UNLV) to the Cleveland Cavaliers, it seems that teams in the NCAA have taken notice, as there are over 100 Canadian players competing in the U.S. this season.

According to Shawn Swords, Laurentian men's basketball coach and former Voyageurs player from 1992 to 1997, it's tough for the CIS because "we are losing Canadian players."

"It's good and bad," he said. "Wiggins, Bennett, Joseph and Thompson all went down to a prep school in the U.S. for their last few years of high school and were noticed by NCAA schools. But, at least it shows we are creating a lot of talent, so that's really good for Canada."

For example, Wiggins transferred from Vaughan Secondary School (Vaughan, Ont.) to Huntington Prep School in West Virginia in 2011 where he would play for two years. By 2013, Wiggins was named the Gatorade National Player of the Year as the top high school player, which was the first time a Canadian was named for this award. Now, he's playing in the NCAA for the Kansas Jayhawks and is projected to go first overall in the NBA draft.

Swords said players are going to high school in the U.S. to get better exposure.

"They get identified earlier," he said. "If some of these Canadian players came right out of high school in Canada and are looking to go to the NCAA, it would be much harder for them to be seen. Many of them leave to have plenty of time to be seen, so it's easier to be looked at on a regular basis."

Although losing Canadian talent is tough for the CIS, Swords said "it doesn't hurt us that much."

"When you look at the big

picture," he said. "Almost every team at the top of the NCAA has a Canadian player who is playing a significant role, and that is good. But, our top teams can play with some of their top teams as well. Carleton lost to Syracuse in double overtime in an exhibition game in August and that was without their head coach being there."

Swords believes recruiting is getting tougher for NCAA schools and that is proving to be a big part of why there is such an abundance of Canadian players in Division 1.

"It's not just the big U.S. colleges," he said "But more and more schools are recruiting good players, so they have to go outside of the country to find some talent because the talent pool can only go so deep in the U.S., so Canada is just another country they can dig into."

Swords is convinced that it's tougher for CIS players to be seen by the NBA, but said the best way to be looked at is to get to the National team, as Philip Scrubb, Thomas Scrubb and Tyson Hinz,

who play for the Carleton Ravens, have taken this route and have suited up for the Canadian men's basketball team.

Swords said although the CIS is losing some good Canadian players to the NCAA, the men's national team will be the program to benefit in the long run, as many of these talented players like Wiggins, Bennett, Joseph and Thompson will all be significant leaders at the international level in years to come.

"The sky is the limit," he said. "All these guys we are talking about are still really young for international play. But, once these guys get a little bit older and more mature, than the talent level is there for Canada to compete internationally at a regular basis."

All in all, talented basketball players from Canada shouldn't surprise anyone, since it was, in fact, a Canadian that invented the game in the first place.

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Women's hockey team lose homestand in race for playoff spot

BY RON GUILLET

The Laurentian Voyageurs women's hockey team played back-to-back home games this past weekend against the Windsor Lancers and Western Mustangs.

The Voyageurs entered the weekend with a 6-9 record and looking to gain ground on the eighth and final playoff spot, held by the Waterloo Warriors.

The Lancers travelled to the Gerry McCrory Countryside Sports Complex on Saturday, Jan. 11, looking to extend their three-point lead over the Voyageurs and solidify their playoff spot.

Windsor started the game with strong puck possession and forced Laurentian goaltender Laura Deller, who faced four breakaways in the first period, to make a number of quality saves. But it was Laurentian who struck first as Laurentian leading scorer Samantha Morell picked up a rebound in the slot and buried it past Windsor goaltender Marissa Kozovski.

Windsor controlled possession throughout the period with 17 shot attempts (shots on goal, opponent blocked shots, and missed shots at even-strength) to Laurentian's seven, and it eventually rewarded them as Bree Polci slotted a backhand through Deller's five-hole on a breakaway to tie the game.

The second period was more evenly-matched as the Voyageurs cut down the Lancers' attempts but still struggled to direct shots on goal. It eventually culminated in forward Jenny MacKnight lifting the puck over Deller's



Photo by Ron Guillet

Samantha Morell shoots the puck in a scramble in front of the net. The Voyageurs lost the game 5-2 against the Windsor Lancers on Saturday, Jan. 11.

glove to give Windsor a 2-1 lead entering the third period.

The game then shifted to a barnburner as emotions ran high and goals were aplenty. Deller made a rare mistake as she came out of the crease to play the puck and passed it right on the blade of MacKnight's stick, who slotted the puck into the empty net. Amanda Pereira responded with a goal for Laurentian not a minute later, but Polci scored her second of the game moments after that as she buried one on a two-on-one break.

The game ended 5-2 for Windsor, who led 47-25 in shot attempts.

"We had moments of sustained pressure," Laurentian head coach Stacey Colarossi said. "With a young team comes high and lows in emotion and I think the girls let emotion get the better of them and they didn't concentrate on the task at hand."

Colarossi said Deller, who faced 33 shots in the game and has a remarkable .929 save percentage on the season, was the Voyageurs' best player despite a few mishaps.

"She stole the show today," Colarossi said of Deller. "She was her own highlight reel tonight. They're really fast through the neutral zone and they had a lot of odd-man rushes and she held us in there. She let a few softer goals go in, the ones that she typically saves, but then she made some that she had no business making."

Colarossi said the message to the team was to focus on skating and using their speed to prepare against the Mustangs.

"They're not quite as fast (as Windsor)," Colarossi said.

"They're big and they're physical. We just need to focus on our tactics and our team play and we should be okay there. They are a higher ranked team, but it's a very different style of game so, if we skate like we can, we'll be okay."

Message received.

The Voyageurs scored the opening goal against the Mustangs just 3:17 into the game as forward Lauren Langille swatted the puck out of mid-air and under the blocker of goaltender Kelly Campbell. Morell scored her ninth of the season to put the Voyageurs up 2-0 in the first period, but the Mustangs were relentless throwing pucks on net, outshooting Laurentian 19-1 in the second period, and tied the game heading into the final frame.

The teams exchanged goals in the third period before Deller, who made 39 saves, stopped a penalty shot late in the game to preserve her team's 4-3 lead. It was a precarious one, though, as Western tied it up on a scramble in front of the net with 17 seconds remaining.

The game went to a shootout and Western capitalized on all three shots, taking the game 5-4.

Laurentian remains three points behind Waterloo for the eighth and final playoff spot and have seven games remaining to close the gap.

Their final homestand of the regular season starts on Saturday, Jan. 25, at 3:45 p.m. against the York Lions. On Sunday, Jan. 26, they take on the UOIT Ridgebacks at 2:45 p.m. ronguillet@gmail.com

LU indoor track team bring home hardware

BY LAMBDA STAFF

The Laurentian women's indoor track team opened their season this weekend at the University of Toronto's Sharon Anderson Open and the Guelph New Year's Opener.

The Vees returned with five medals and 10 top-six performances. At the Sharon Anderson meet, senior Adrienne Wilson won the 1500m with a fast kick, while

breaking the OUA qualifying standard by over 10 seconds. Also qualifying for the OUA's was Samantha Edwards, who placed fourth in the 1500m with a time of 4:53.95 and Ashley Huard, who placed 5th in the 60m with a time of 7.84.

Pentathlete Alicia Violin placed second in the shot put and fourth in both the 60m hurdles and long jump. She, along

with Ashley Huard, Samantha Edwards, Michelle Kennedy and Lyndsay Greasley set personal bests in their events.

Two Laurentian athletes also competed at the Guelph New Year's Opener. Jackie Bray and Dani Gorrell placed first and second in the triple jump, with leaps of 10.39m and 10.02m respectively. Bray also placed seventh in the long jump with a

distance of 4.54m.

The Voyageurs' next meet is this weekend at the Fred Foot Invitational at the University of Toronto. lambda@laurentian.ca

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